

Sports and Recreation Contacts

Stand Up Paddling		
Urban Ocean	Harmony Dawn	info@urbanoceansup.com
Volleyball		
Adult Volleyball Club	Diana King	(613)257-3739
	Jamie Bell	(613)761-2440
Yoga		
Balance Within Yoga and Wellness	Angela Burns-Perez	(613)316-2234
Hamsa Yoga	Tiffany Nixon	(613)451-3200
Yoga with Christine	Christine Dixon	(613)257-3632

Arts & Interests Contact List

Arts Carleton Place		(613)257-2031 www.artcarletonplace.com
Be Your Best- performing Arts	Jennifer Lea Laale	(613)253-8228 www.beyourbest.ca
Carleton Place & Beckwith Music Society	Joy Hodgkinson	quetico@storm.ca www.cpmusicsociety.com
Carleton Place & District Community Band	Mike Peckett	(613)721-8661 mpeckett@sympatico.ca
Carleton Place Offbeats	Margo Smith	(613)253-8205
Girl Guides	Jennifer Bradley	(613)253-4772
Horticultural Society	Ruth Larmour	(613)257-4101
Live Poets Society (LIPS)		lanarklips@hotmail.com
Mississippi Blues Society	Peter Brown	(613)257-2657 prbrown@magma.ca
Mississippi Mudds (Music, Theatre, Youth Drama)		www.mississippimudds.ca
Music Lessons	Kirk Armstrong	(613)688-4948 www.kirkarmstrong.com
Scouts	Michelle Niefer	(613)257-1333
SRC Music Lessons	Brent King	(613)253-0263 srcmusic@bellnet.ca
Town Singers	Kristine MacLaren	http://www.cptownsingers.com/ cptownsingers@gmail.com